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Spring 2020

Cats and Cows Yoga Club

Kate Gaulke

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NEBRASKA HONORS PROGRAM

CLC EXPANDED LEARNING OPPORTUNITY CLUBS

INFORMATION SHEET

Name of Club: Cats and Cows Yoga Club!

Age/Grade Level: K-2

Number of Attendees: 10-12

Goal of the Club:

My goal is to introduce mindfulness and healthy habits to children through a fun, engaging, and confidence-boosting environment.

Resources:

I primarily utilized my own knowledge of yoga from a 200 hour certification process from Core Power Yoga and the Yoga Alliance, as well as articles about the benefits of yoga in small children to create my lesson plans.

Content Areas: (check all that apply)

- ☐ Arts (Visual, Music, Theater & Performance)
- ☐ Literacy
- ☐ STEM (Science, Technology, Engineering & Math)
- ☐ Social Studies
- ☒ Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products:

Final class will include a showcase for the instructors and students in which each child will stand up in front of the class and present their favorite pose they've learned in yoga club, why it's their favorite pose, and demonstrate it for the class.

Introducing your Club/Activities:

Cats and Cows Yoga Club for kids is a fun and engaging opportunity for children to learn the benefits of mindful breathing, yoga poses, and learning how to slow down in a fast paced world. The underlying benefits are the breathing techniques we learn, and how they become beneficial when kids feel overwhelmed or angry and they need a way to calm down.

General Directions:

To facilitate Yoga Club, it is essential that you be in a quiet and calm environment for optimum success. Yoga Club should be focused around character development and confidence building. I want kids to be able to feel comfortable in their skin, be proud of who they are and what they can accomplish, and know how to act kindly towards others.

Tips/Tricks:

Play peaceful music in the background to encourage a calming environment, pass out stickers at the end of class, learn everyone's name (more personal), be willing to go with the flow and change up the plan, expect the unexpected.

Club Name: Cats and Cows Yoga Club Instructor: Kate Gaulke and Aaron Mitlieder

Day of the week: Fridays, 3:45pm-5:00pm Grade Level: K-2

Yoga Club 10 Week Outline	
Week 1: January 31, 2020	Introductions, Ice Breaker Game, Story-time, Intro to Breathing, Glimpse of Poses
Week 2: February 7, 2020	Names, Ice Breaker Game, Story-time, Pose intensive
Week 3: February 14, 2020	Names, Special Game/Activity for Valentine's Day, Breathing Circle, Story-time, Partner Yoga
Week 4: February 21, 2020	Names, Game, Story-time, Practice Poses/Breathing
Week 5: February 28, 2020	Game, Story-time, Breathing Circle, Kindness/Gratefulness Conversation, Kindness Skit Activity
Week 6: March 6, 2020	Game, Review Gratefulness/Kindness discussion, Breathing Circle, Pose Practice, Sharing Circle
Week 7: March 13, 2020	Game, Breathing Circle, Pose Practice, Drawing Activity (What are you grateful for?), Sharing Circle
Week 8: March 20, 2020	Game, Breathing Circle, Pose Practice, Stress Ball making activity, Importance of Relaxation conversation
Week 9: March 27, 2020	Game, Breathing Circle, Prepare for Showcase/Everyone picks a pose and practices
Week 10: April 3, 2020	Review/Reflection, Pose Showcase/Demonstration, Ending Remarks/Final Conversation

LESSON PLAN WORKSHEET

Lesson Activity Name:	Lesson 1: Intro to Yoga
Length of Activity:	60 minutes
Supplies:	“My First Yoga Class” By Alyssa Satin Capucilli- can be purchased on Amazon, Yogi Yoga Cards for joyful learning- can be purchased on Amazon, Fun Yoga Stickers- can be purchased on Amazon, Mats (Yoga mats or any soft surface to prevent injury)- usually provided by school

Directions:

1. Bathroom Break!
2. Introductions: Introduce yourself (instructors), sit in a circle and have each child introduce themselves and say their name, fun fact about themselves, what grade they're in.
3. Ice Breaker Game: Play “This or That”, Say two comparable things and depending on which the students like more they pick and walk to that side and explain why they like the thing they do more than the other thing. (Use words/things relating to Yoga or mindfulness) ex. When you want to relax do you like to **read** or **draw**
4. Before Story-time, ask children, *What is Yoga? Who here has heard of the word, Yoga, and then explain to them that Yoga is a series of gentle stretches and breathing that bring joy and relaxation.*
5. Story-time: “My First Yoga Class” by Alyssa Satin Capucilli
6. Intro to Breathing: Have everyone sit in a circle with their legs crossed, first see what they already know- Does anyone ever get worried? What do you get worried about? What do you do to stop worrying? Raise your hand if you know what deep breathing is? Has anyone ever tried it? Explain the benefits of deep breathing, *Deep breathing is an easy way to relax and let your worries go, find a quiet spot where you won't be bothered, sit still, and take deep inhales and exhales through your nose and out your mouth.* Breathe together as a group,
7. Glimpse of Poses: Go through and explain/demonstrate poses in the book we read earlier in class, have students do poses with you, hold them and breathe
8. Wrap up: Ask children what they learned, pass out stickers, PASS OUT PHOTO RELEASE PERMSSION SLIP

Conclusion of the activity:

Children will get a glimpse into what yoga and deep breathing are and become familiar with the vocabulary used in Yoga Classes.

Parts of activity that worked:

Children loved ‘this or that’ and it kept them engaged and attentive, the kids also loved the movement part of yoga although, I'd like to keep this club both the physical AND mindful aspect of yoga.

Parts of activity that did not work:

‘Circle time’ did not work- way too many distractions and side conversations- going forward I will split up the group and each instructor will take kids to have smaller conversation groups.

LESSON PLAN WORKSHEET

Lesson Activity Name:	Lesson 2: Animal Poses
Length of Activity:	60 minutes
Supplies:	“Yoga for Kids: Simple animal poses for any age” By Lorena V. Pajalunga- can be purchased on Amazon, Notecards and Pencils, Fun Yoga Stickers

Directions:

1. Bathroom Break!
2. Introductions: Introduce yourself (instructors)
3. Ice Breaker Game: Play 2 Truths and a Lie, Everyone gets a notecard and on it each child writes down 2 things that are true about themselves and one thing that isn't true, and we go around in a circle and read our notecards and the rest of the group chooses which one is a lie.
4. Story-time: “Yoga for Kids: Simple animal poses for any age” by Lorena V. Pajalunga
5. Intro to Yoga Poses: Have everyone sit in a circle with their legs crossed, ask them if they know what yoga poses are or if they know of any? *Yoga is a combination of breathing and doing poses with your body. Yoga poses can do a lot of things for your body including helping you when your tummy hurts, your tired, or even worried. Who wants to try some yoga poses?*
6. Go through the book and introduce the poses, demonstrate, and have the children do them
7. Wrap up: Ask children what they learned, Pose Quiz (Say a pose out-loud and see if the children can exemplify the pose; use poses like downward dog, mouse pose, cow pose, cat pose, and lion pose that they learned in the first read aloud book) , pass out stickers

Conclusion of the activity:

Children should acquire knowledge of what yoga poses are, why they're important and learn some and be able to demonstrate.

Parts of activity that worked:

Splitting the kids into two smaller groups worked wonderfully. We were able to be far more productive when there were less kids to distract each other. Additionally, we ran the smaller sessions on opposite sides of the gym which worked well. The kids remembered far more animals poses than I would have expected which is awesome!! They loved Simon-says, and loved incorporating the poses into the game.

Parts of activity that did not work:

We started 'clean-up' too late so it was hard to put everything away, pass out stickers, and get their shoes on in 5 minutes. Next time, I would leave 8-10 min to clean up.

LESSON PLAN WORKSHEET

Lesson Activity Name:	Lesson 3: Partner Yoga
Length of Activity:	60 minutes
Supplies:	"Yoga friends" By Mariam Gates and Rolf Gates- can be purchased on Amazon, Post it Notes and Pencils, Fun Yoga Stickers

Directions:

1. Bathroom Break!
2. Introductions: Introduce yourself (instructors)
3. Ice Breaker Game: Post it Compliments- In honor of Valentine's Day, pick someone in class and write them an anonymous compliment. Instructor will collect them and read them aloud for the class. Keep track of who didn't get one at the end and make sure a compliment gets said about them.
4. Story-time: "Yoga friends" by Mariam Gates and Rolf Gates
5. Demonstrate the Partner Yoga Poses **from the book** and assign them partners (preferably same gender) and go through the poses all together.
6. Go through the book and introduce the poses, demonstrate, and have the children try them out with their partners
7. Short Reflection: *What was hard about the partner yoga? What was easy? What did you like best? Which pose did you like best?*
8. Wrap up: Thank them, Pass out stickers

Conclusion of the activity:

Children should be able to describe what partner yoga is, what it means, and the challenges that come along with it, the compliment activity should also be used to demonstrate how easy it is to make someone feel loved and important.

Parts of activity that worked:

Partner Yoga kept the kids super engaged! They had a lot of fun with reading the book and then trying it themselves.

Parts of activity that did not work:

There was an odd amount of kids in class that day and due to the extreme height difference, it was physically impossible for me to be the last kids partner because none of the poses turned out normal. This caused issues in that I had everyone rotate partners every pose which ended up making kids cry when they were the one out even though everyone had to be out at some point.

LESSON PLAN WORKSHEET

Lesson Activity Name: Lesson 4: Poses **and** Breathing- Flow

Length of Activity: 60 minutes

Supplies: White Board, white board markers, Fun Yoga Stickers

Directions:

1. Bathroom Break!
 2. Introductions: Introduce yourself (instructors)
 3. Ice Breaker Game: Simon Says- First a fun round, then a round with yoga poses
 4. Teach Yoga Poses in Sun Salutation A- Write all Poses in Sun A on the board and demonstrate each one and then put them together and show how a “flow” happens
 5. Pose Quiz- Demonstrate a pose and ask children which one it is
 6. Lead Sun A multiple times and have them complete it until it flows naturally, tell them *You just completed your first real yoga class!*
 7. Short Reflection: *What was hard about today? What did you like and what didn't you like? What was your favorite pose?*
 8. Wrap up: Thank them, Pass out stickers
-

Conclusion of the activity:

Children should be able to describe what ‘flowing’ means in yoga, and the challenges that come along with it, they should be able to identify multiple poses in Sun A.

Parts of activity that worked:

The engagement and constant movement of a yoga flow kept the kids engaged and they enjoyed the fluidity of the sun salutations rather than just learning individual poses.

Parts of activity that did not work:

I couldn't gain their attention long enough to hold the short reflection which is an important aspect of class. They kept questioning me saying, “why do we have to do this” “this isn't even yoga”. These comments made me frustrated and like that I was failing them but you just have to collect yourself and accept that you're doing your best and they are five and just don't understand the importance of a reflection period. Trust yourself and your abilities.

LESSON PLAN WORKSHEET

Lesson Activity Name:	Lesson 5: Importance of Kindness
Length of Activity:	60 minutes
Supplies:	Yogi Yoga Cards For Joyful Learning- can be purchased on Amazon, whiteboard and whiteboard marker, Fun Yoga Stickers

Directions:

1. Bathroom Break!
2. Introductions: Introduce yourself (instructors)
3. Ice Breaker Game: Use Yoga Cards, Have each child randomly pick one and the whole class has to do the pose and breathe
4. Breathing Circle, have a child lead the 'breathe ins and breathe. Outs'
5. Circle Conversation, Lead a group discussion about the importance of kindness and gratefulness, ask the children, *Does anyone know what the word kind means? What is an example of kindness?* As they give answers, write them on the whiteboard board!
6. Kindness Skit Activity- Pair children up in groups of 3-4, have each group come up with a group skit to perform for the rest class. The skit should express an act of kindness.

Conclusion of the activity:

Children should be able to describe what kindness is and what it means to be grateful. They should have ideas of what they can do for their friends and family to show their kindness to them.

Parts of activity that worked:

Splitting up into smaller group discussions led by the two leaders helped a lot. Kids were less intimidated to give their ideas and the conversation was more productive.

Parts of activity that did not work:

Kids were too intimidated to perform their skit and practicing the skit was utter chaos. I feel like a skit would have worked better with an older group of kids (perhaps, 3rd-5th).

LESSON PLAN WORKSHEET

Lesson Activity Name:	Lesson 6: Review and Poses continued
Length of Activity:	60 minutes
Supplies:	“Peaceful Piggy Yoga” By Kerry Lee MacLean- can be purchased on Amazon, Ball, Fun Yoga Stickers

Directions:

1. Bathroom Break!
2. Introductions: Introduce yourself (instructors)
3. Ice Breaker Game: Tell me a Story- Sit in a Circle and go around the circle one by one to tell a story, each child says one word and as it continues, the story continues. (Use this game as a teaching moment and relate it back to it representing that each one of you has people in your life that create ‘your story’, make sure you contribute to others stories by saying and doing nice things.
4. Breathing Circle, have a child lead the ‘breathe ins and breathe. Outs’
5. Read “Peaceful Piggy Yoga” By Kerry Lee MacLean and as you read each page, have the children demonstrate the poses she writes about
6. Ball Talk- Sit in a Circle and ask the children a series of questions that encourage positive thinking and a positive mindset. *What makes you happy? How do you make others happy? Tell me about your best friend, What do you want to be when you grow up? How would you change the world if you could?* As children answer these questions, to discourage side conversations, only the person who has the ball can talk and they can throw the ball to the next person who raises their hand to talk.
7. Wrap up- *What was your favorite part about today?* Pass out stickers!

Conclusion of the activity:

Children should be able to gain additional knowledge of yoga poses and practice thinking more in depth about how much they mean in the world.

Parts of activity that worked:

Breathing always helps to calm the kids down before we start, some get very into it and I can tell it really brings a sense of calmness over their body.

Parts of activity that did not work:

The Ball Talk was a bit difficult. I had a problem with kids raising their hand (just because they wanted the ball) and when it was thrown to them they didn’t have anything to add to the conversation other than “umm” “uhhh” “I don’t know”.

LESSON PLAN WORKSHEET

Lesson Activity Name: Lesson 7: Importance of being Grateful

Length of Activity: 60 minutes

Supplies: White paper, Colored pencils, Yogi Yoga Cards For Joyful Learning, Fun Yoga Stickers

Directions:

1. Bathroom Break!
 2. Introductions: Introduce yourself (instructors)
 3. Game: This or That: Say two comparable things and depending on which the students like more they pick and walk to that side and explain why they like the thing they do more than the other thing. (Use words/things relating to Yoga or mindfulness) ex. When you want to relax do you like to **read** or **draw**
 4. Breathing Circle: Have a different child lead the 'inhalas' and 'exhalas'
 5. Pose Practice with Yoga Cards, have each child randomly draw a pose to demonstrate
 6. Discussion on Gratefulness, draw on the whiteboard as they give you answers. *What does it mean to be grateful? What are you guys grateful for? Why is it important to be grateful? It is important to be grateful so that we can show the ones who love us how much we appreciate them. Expressing gratefulness involves being happy with what you have, enjoying the little things in life, and being aware of your surroundings.*
 7. Gratitude Drawing Activity: Every child gets 1 piece of paper, on it they should draw one person they are grateful for, one place they are grateful for, one food they are grateful for, and one thing they are grateful for.
 8. Sharing circle, share what they drew
 9. Wrap up: Thank them for coming, pass out stickers
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Conclusion of the activity:

Children should be able to understand the importance of being grateful and be able to identify multiple things they are grateful for in their lives.

Parts of activity that worked:

N/A-COVID 19

Parts of activity that did not work:

N/A-COVID 19

LESSON PLAN WORKSHEET

Lesson Activity Name: Lesson 8: Importance of Relaxation

Length of Activity: 60 minutes

Supplies: Balloons, Flour, Funnel, paper plates, Fun Yoga Stickers

Directions:

1. Bathroom Break!
 2. Introductions: Introduce yourself (instructors)
 3. Game: Sit in a circle and go around and share your favorite way to relax...
 4. Breathing Circle: Have a different child lead the 'inhalers' and 'exhalers'
 5. Importance of Relaxation Discussion: *Why is it important to relax? What should we do to relax our bodies? What should we do to relax our minds? Relaxation helps us to calm down and make our mind clear and full of happy thoughts. If you are ever feeling angry or sad, you probably just need to relax and take a few moments for yourself.*
 6. Stress Ball Making Activity: Pass out one plate and one balloon to each child, go around and fill their balloons with flour and tie the ends, explain the idea of a stress ball
 7. Wrap up: Thank them for coming, Pass out Stickers
-

Conclusion of the activity:

Children should be able to understand the importance of Relaxation and why it is so beneficial to our bodies and minds. They should also learn how to make and when to use a stress ball.

Parts of activity that worked:

N/A-COVID 19

Parts of activity that did not work:

N/A-COVID 19

LESSON PLAN WORKSHEET

Lesson Activity Name: Lesson 9: Preparation for Showcase

Length of Activity: 60 minutes

Supplies: Yogi Yoga Cards For Joyful Learning, Fun Yoga Stickers, White Board, White board markers

Directions:

1. Bathroom Break!
 2. Introductions: Introduce yourself (instructors)
 3. Game: Sit in a circle and share one thing you're excited to do this weekend...(relate it back to 'you should be grateful about the things you're excited to do and the opportunities you have!')
 4. Breathing Circle: Have a different child lead the 'inhalers' and 'exhalers'
 5. Use Yoga Cards in order to refresh the children's memory of all the yoga poses they've learned so far. As you pick a card and do the pose, write it on the whiteboard so they remember all of them.
 6. After lots of repetition with the poses, have each child pair up with two others and pick their favorite yoga pose, tells why it's their favorite, demonstrate the pose, explain favorite way to relax, and one thing they're grateful for.
 7. Have everyone take a notecard and write down their information (Help those that cannot write)
 8. Have them practice their presentation.
 9. Wrap up: Thank them for coming, Pass out Stickers
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Conclusion of the activity:

Children, as a group, should be able to identify and demonstrate a favorite yoga pose and why, something they're grateful for, and their favorite way to relax. They should be able to cohesively present this information to the class.

Parts of activity that worked:

N/A-COVID 19

Parts of activity that did not work:

N/A-COVID 19

LESSON PLAN WORKSHEET

Lesson Activity Name: Lesson 10: Final Showcase!

Length of Activity: 60 minutes

Supplies: Fun Yoga Stickers, Certificates of Completion from Yoga Club – can make through a template on Microsoft Word

Directions:

1. Bathroom Break!
 2. Introductions: Introduce yourself (instructors)
 3. Game: Sit in a circle and share one thing you learned from yoga club
 4. Breathing Circle: Have a different child lead the 'inhalas' and 'exhalas'
 5. Perform Final Showcase, Write order on the white board so they know when they're going, clap when each presenter is done
 6. Wrap up: Pass out Certificates and Stickers, Thank them for coming, maybe bring a treat?
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Conclusion of the activity:

Children should be able to clearly perform in front of their peers with an outwards presence that displays confidence, poised behavior, and knowledge of Yoga.

Parts of activity that worked:

N/A-COVID 19

Parts of activity that did not work:

N/A-COVID 19
